Claims:

1. A cold rolled steel sheet having aging resistance and excellent formability, comprising: 0.003 % or less of C; 0.003 ~ 0.03 % of S; 0.01 ~ 0.1 % of Al; 0.02 % or less of N; 0.2 % or less of P; at least one of 0.03 ~ 0.2 % of Mn and 0.005 ~ 0.2 % of Cu; and the balance of Fe and other unavoidable impurities in terms of weight%, wherein, when the steel sheet comprises one of Mn and Cu, a composition of Mn, Cu, and S satisfies at least one relationship: $0.58*Mn/S \leq 10$ and $1 \leq 0.5*Cu/S \leq 10$, and when the steel sheet comprises both Mn and Cu, a composition of Mn, Cu, and S satisfies the relationships: $Mn+Cu \leq 0.3$ and $2 \leq 0.5*(Mn+Cu)/S \leq 20$, and wherein precipitates of MnS, CuS, and (Mn, Cu)S have an average size of 0.2 ㎛ or less.

2. A cold rolled steel sheet having aging resistance and excellent formability, comprising: 0.003 % or less of C; 0.005 ~ 0.03 % of S; 0.01 ~ 0.1 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.05 ~ 0.2 % of Mn; and the balance of Fe and other unavoidable impurities in terms of weight%, wherein a composition of Mn and S satisfies the relationship: $0.58*Mn/S \leq 10$ in terms of weight, and wherein precipitates of MnS have an average size of 0.2 ㎛ or less.

3. The steel sheet as set forth in claim 2, wherein the steel sheet comprises 0.015 % or less of P.

4. The steel sheet as set forth in claim 2, wherein the steel sheet comprises 0.004 % or less of N.

5. The steel sheet as set forth in claim 2, wherein the steel sheet comprises 0.03 ~ 0.2 % of P.

6. The steel sheet as set forth in claim 2, further comprising at least one of 0.1 ~ 0.8 % of Si and 0.2 ~ 1.2 % of Cr.

7. The steel sheet as set forth in claim 2, wherein the steel sheet comprises 0.005 ~ 0.02 % of N and 0.03 ~ 0.06 % of P.

8. The steel sheet as set forth in claim 7, wherein the composition of Al and N satisfies the relationship: $1 \leq 0.52*Al/N \leq 5$.

9. The steel sheet as set forth in any one of claims 2 to 8, further comprising 0.01 ~ 0.2 % of Mo.

10. The steel sheet as set forth in any one of claims 2 to 8, further comprising 0.01 ~ 0.2 % of V.

11. The steel sheet as set forth in claim 10, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

12. The steel sheet as set forth claim 9, further comprising 0.01 ~ 0.2 % of V.

13. The steel sheet as set forth in claim 12, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

14. A cold rolled steel sheet having aging resistance and excellent formability, comprising: 0.0005 ~ 0.003 % or less of C; 0.003 ~ 0.025 % of S; 0.01 ~ 0.08 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.01 ~ 0.2 % of Cu; and the balance of Fe and other unavoidable impurities in terms of weight%, wherein a composition of Cu and S satisfies the relationship: $1 \leq 0.5*Cu/S \leq 10$, and wherein precipitates of CuS have an average size of 0.1 ㎛ or less.

15. The steel sheet as set forth in claim 14, wherein the steel sheet comprises 0.015 % or less of P.

16. The steel sheet as set forth in claim 14, wherein the steel sheet comprises 0.004 % or less of N.

17. The steel sheet as set forth in claim 14, wherein the composition of Cu and S satisfies the relationship: $1 \leq 0.5*Cu/S \leq 3$.

18. The steel sheet as set forth in claim 14, wherein the steel sheet comprises 0.03 ~ 0.2 % or less of P.

19. The steel sheet as set forth in claim 14, further comprising at least one of 0.1 ~ 0.8 % of Si and 0.2 ~ 1.2 % of Cr.

20. The steel sheet as set forth in claim 14, wherein the steel sheet comprises 0.005 ~ 0.02 % of N and 0.03 ~ 0.06 % of P.

21. The steel sheet as set forth in claim 20, wherein the composition of Al and N satisfies the relationship: $1 \leq 0.52*Al/N \leq 5$.

22. The steel sheet as set forth in any one of claims 14 to 21, further comprising 0.01 ~ 0.2 % of Mo.

23. The steel sheet as set forth in any one of claims 14 to 21, further comprising 0.01 ~ 0.2 % of V.

24. The steel sheet as set forth in claim 23, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

25. The steel sheet as set forth claim 22, further comprising 0.01 ~ 0.2 % of V.

26. The steel sheet as set forth in claim 25, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

27. A cold rolled steel sheet having aging resistance and excellent formability, comprising: 0.0005 ~ 0.003 % or less of C; 0.003 ~ 0.025 % of S; 0.01 ~ 0.08 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.03 ~ 0.2 % of Mn; 0.005 ~ 0.2 % of Cu; and the balance of Fe and other unavoidable impurities in terms of weight%, wherein a composition of Mn, Cu, and S satisfies the relationship: $Mn+Cu \leq 0.3$ and $2 \leq 0.5*(Mn+Cu)/S \leq 20$, and wherein precipitates of MnS, CuS, and (Mn, Cu)S have an average size of 0.2 ㎛ or less.

28. The steel sheet as set forth in claim 27, wherein the steel sheet comprises 0.015 % or less of P.

29. The steel sheet as set forth in claim 27, wherein the steel sheet comprises 0.004 % or less of N.

30. The steel sheet as set forth in claim 27, wherein the number of precipitates is $2x10^6$ or more.

31. The steel sheet as set forth in claim 27, wherein the composition of Mn, Cu and S satisfies the relationship: $2 \leq 0.5*(Mn+Cu)/S \leq 7$.

32. The steel sheet as set forth in claim 31, wherein the number of precipitates is $2x10^8$ or more.

33. The steel sheet as set forth in claim 27, wherein the steel sheet comprises 0.03 ~ 0.2 % or less of P.

34. The steel sheet as set forth in claim 27, further comprising at least one of 0.1 ~ 0.8 % of Si and 0.2 ~ 1.2 % of Cr.

35. The steel sheet as set forth in claim 27, wherein the steel sheet comprises 0.005 ~ 0.02 % of N and 0.03 ~ 0.06 % of P.

36. The steel sheet as set forth in claim 35, wherein the composition of Al and N satisfies the relationship: $1 \leq 0.52*Al/N \leq 5$.

37. The steel sheet as set forth in any one of claims 27 to 36, further comprising 0.01 ~ 0.2 % of Mo.

38. The steel sheet as set forth in any one of claims 27 to 36, further comprising 0.01 ~ 0.2 % of V.

39. The steel sheet as set forth in claim 38, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

40. The steel sheet as set forth claim 39, further comprising 0.01 ~ 0.2 % of V.

41. The steel sheet as set forth in claim 37, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

42. A method of manufacturing a cold rolled steel sheet having aging resistance and excellent formability, comprising the steps of: hot-rolling a steel slab with finish rolling at an Ar_3 transformation temperature or more to provide a hot rolled steel sheet, after reheating the steel slab to a temperature of 1,100 ℃ or more, the steel slab comprising 0.003 % or less of C; 0.005 ~ 0.03 % of S; 0.01 ~ 0.1 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.05 ~ 0.2 % of Mn; and the balance of Fe and other unavoidable impurities, in terms of weight%, wherein a composition of Mn and S satisfies the relationship: $0.58*Mn/S \leq 10$; cooling the steel sheet at a speed of 200 ℃/min or more; coiling the cooled steel sheet at a temperature of 700 ℃ or less; cold rolling the steel sheet; and continuous annealing the cold rolled steel sheet.

43. The method as set forth in claim 42, wherein the steel slab comprises 0.015 % or less of P.

44. The method as set forth in claim 42, wherein the steel slab comprises 0.004 % or less of N.

45. The method as set forth in claim 42, wherein the steel slab comprises 0.03 ~ 0.2 % of P.

46. The method as set forth in claim 42, wherein the steel slab further comprises at least one of 0.1 ~ 0.8 % of Si and 0.2 ~ 1.2 % of Cr.

47. The method as set forth in claim 42, wherein the steel slab comprises 0.005 ~ 0.02 % of N and 0.03 ~ 0.06 % of P.

48. The method as set forth in claim 47, wherein the composition of Al and N satisfies the relationship: $1 \leq 0.52*Al/N \leq 5$.

49. The method as set forth in any one of claims 42 to 48, wherein the steel slab further comprises 0.01 ~ 0.2 % of Mo.

50. The method as set forth in any one of claims 42 to 48, wherein the steel slab further comprises 0.01 ~ 0.2 % of V.

51. The method as set forth in claim 50, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

52. The method as set forth claim 49, wherein the steel slab further comprises 0.01 ~ 0.2 % of V.

53. The method as set forth in claim 52, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

54. A method of manufacturing a cold rolled steel sheet having aging resistance and excellent formability, comprising the steps of: hot-rolling a steel slab with finish rolling at an Ar3 transformation temperature or more to provide a hot rolled steel sheet, after reheating the steel slab to a temperature of 1,100 ℃ or more, the steel slab comprising 0.0005 ~ 0.003 % of C; 0.003 ~ 0.025 % of S; 0.01 ~ 0.08 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.01 ~ 0.2 % of Cu; and the balance of Fe and other unavoidable impurities, in terms of weight%, wherein a composition of Cu and S satisfies the relationship: $1 \leq 0.5*Cu/S \leq 10$; cooling the steel sheet at a speed of 300 ℃/min; coiling the cooled steel sheet at a temperature of 700 ℃ or less; cold rolling the wound steel sheet; and continuous annealing the cold rolled steel sheet.

55. The method as set forth in claim 54, wherein the steel slab comprises 0.015 % or less of P.

56. The method as set forth in claim 54, wherein the steel slab comprises 0.004 % or less of N.

57. The method as set forth in claim 54, wherein the composition of Cu and S satisfies the relationship: $1 \leq 0.5*Cu/S \leq 3$.

58. The method as set forth in claim 54, wherein the steel slab comprises 0.03 ~ 0.2 % or less of P.

59. The method as set forth in claim 54, wherein the steel slab further comprises at least one of 0.1 ~ 0.8 % of Si and 0.2 ~ 1.2 % of Cr.

60. The method as set forth in claim 54, wherein the steel slab comprises 0.005 ~ 0.02 % of N and 0.03 ~ 0.06 % of P.

61. The method as set forth in claim 60, wherein the composition of Al and N satisfies the relationship: $1 \leq 0.52*Al/N \leq 5$.

62. The method as set forth in any one of claims 54 to 61, wherein the steel slab further comprises 0.01 ~ 0.2 % of Mo.

63. The method as set forth in any one of claims 54 to 61, wherein the steel slab further comprises 0.01 ~ 0.2 % of V.

64. The method as set forth in claim 63, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

65. The method as set forth claim 62, further comprising 0.01 ~ 0.2 % of V.

66. The method as set forth in claim 65, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

67. A method of manufacturing a cold rolled steel sheet having aging resistance and excellent formability, comprising the steps of: hot-rolling a steel slab with finish rolling at an Ar3 transformation temperature or more to provide a hot rolled steel sheet, after reheating the steel slab to a temperature of 1,100 ℃ or more, the steel slab comprising: 0.0005 ~ 0.003 % of C; 0.003 ~ 0.025 % of S; 0.01 ~ 0.08 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.03 ~ 0.2 % of Mn; 0.005 ~ 0.2 % of Cu; and the balance of Fe and other unavoidable impurities, in terms of weight%, wherein a composition of Mn, Cu, and S satisfies the relationships: $Mn+Cu \leq 0.3$ and $2 \leq 0.5*(Mn+Cu)/S \leq 20$; cooling the steel sheet at a speed of 300 ℃/min; coiling the cooled steel sheet at a temperature of 700 ℃ or less; cold rolling the wound steel sheet; and continuous annealing the cold rolled steel sheet.

68. The method as set forth in claim 67, wherein the steel slab comprises 0.015 % or less of P.

69. The method as set forth in claim 67, wherein the steel slab comprises 0.004 % or less of N.

70. The method as set forth in claim 67, wherein the number of precipitates is $2x10^6$ or more.

71. The method as set forth in claim 67, wherein the composition of Mn, Cu and S satisfies the relationship: $2 \leq 0.5*(Mn+Cu)/S \leq 7$.

72. The method as set forth in claim 71, wherein the number of precipitates is $2x10^8$ or more.

73. The method as set forth in claim 67, wherein the steel slab comprises 0.03 ~ 0.2 % or less of P.

74. The method as set forth in claim 67, wherein the steel slab further comprises at least one of 0.1 ~ 0.8 % of Si and 0.2 ~ 1.2 % of Cr.

75. The method as set forth in claim 67, wherein the steel slab comprises 0.005 ~ 0.02 % of N and 0.03 ~ 0.06 % of P.

76. The method as set forth in claim 75, wherein the composition of Al and N satisfies the relationship: $1 \leq 0.52*Al/N \leq 5$.

77. The method as set forth in any one of claims 67 to 76, wherein the steel slab further comprises 0.01 ~ 0.2 % of Mo.

78. The method as set forth in any one of claims 67 to 76, wherein the steel slab further comprises 0.01 ~ 0.2 % of V.

79. The method as set forth in claim 78, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.

80. The method as set forth claim 77, wherein the steel slab further comprises 0.01 ~ 0.2 % of V.

81. The method as set forth in claim 80, wherein the composition of V and C satisfies the relationship: $1 \leq 0.25*V/C \leq 20$.